



on BLM's Carson City District

August and September 2011

Who's Moving Outside at Indian Creek?

Ferret out forest facts and discover who lives at Indian Creek Recreation Area on this one to two mile BLM naturalist led hike. Dress for the weather and wear sturdy shoes. Bring water, binoculars and a bird book if you have them. Meet at the Indian Creek Campground shower house located at the end of Airport Road, about nine miles southwest of Woodfords, California.

August 6, 27	10 a.m.
September 3, 10, 17, 24	10 a.m.

Who's Moving Outside at Sand Springs Desert Study Area?

Learn about the adaptations that allow local reptiles, mammals, and plants to successfully survive in the Sand Springs Desert Study Area on this half mile, BLM naturalist led walk. Meet at Sand Springs Pony Express Station trailhead, 25 miles east of Fallon off of Hwy 50 on Sand Mountain Road in the Sand Mountain Recreation Area.

September 2, 3, 4	9 a.m., 11 a.m., 2 p.m., 4p.m, 8:30 p.m.
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Let's Move Outside! at Hidden Cave

Hidden Cave was used by Native Americans for over 9,000 years. Archaeologists excavated the site three times, and the 1980 excavation is intact for public viewing. Free **public tours** are offered on the **2nd and 4th Saturday** of the month. These tours begin at the Churchill County Museum in Fallon, NV, at **9:30 a.m.** with a video presentation and orientation. Then we caravan to the cave site for the one mile walk and tour. **Special tours** for twelve or more people are offered on days other than the 2nd or 4th Saturday. Contact the Churchill County Museum at 775-423-3677. There is a charge of \$1 per person (or a minimum of \$20) for special tours.

Let's Move Outside! on Carson River Cleanup Day

Join the BLM, the Kiwanis Club and the Carson River Advisory Committee for the annual cleanup of public land along the banks of the Carson River, Brunswick Canyon, and Prison Hill Recreation Area. This is just one of many events that will be held around the country in September as part of the 18th annual National Public Lands Day. Meet at the BLM's Carson City District Office's west parking lot, located at 5665 Morgan Mill Road. Wear sturdy shoes and work clothes. Please bring gloves if you have them.

September 17

8 a.m.- 2 p.m

Let's Move Outside! on Truckee River Cleanup Day

It's National Public Lands Day, and the BLM, the Nature Conservancy, Keep Truckee Meadows Beautiful, as well as many other organizations invite you to join us at Mustang Ranch for the annual Truckee River Cleanup Day. Meet at Mustang Ranch. Take exit 23 (Mustang exit) off of I-80, go straight through the stop sign, pass the gas station, and drive under the railroad tracks to the river. Wear sturdy shoes and work clothes. Please bring gloves if you have them.

September 24

8:30 a.m. - noon

Let's Move Outside! Collecting Seeds at Washoe Lake

Work side by side with BLM botanists and members of the Audubon Society of Nevada Important Bird Areas Program to gather native seed at Washoe Lake! This seed will be used for wildlife habitat improvements and to restore weed infested areas on BLM's Winters Ranch in Washoe Valley. Volunteers for this National Public Lands Day event should meet at the Bellevue Road Cul-de-Sac. Take Bellevue Exit 46 off Hwy 395 in Washoe Valley. Lunch will be provided to all volunteers.

September 24

9 a.m. - noon

Contact the BLM Carson City District Office at 775-885-6000 for additional information.
www.blm.gov/nv/st/en/fo/carson_city_field.html and www.letsmove.gov/lets-move-outside

Achieve the Let's Move Outside! PALA Award!

First Lady Michelle Obama launched *Let's Move Outside!* as the outdoor activity component of her *Let's Move!* campaign to end childhood obesity in a generation and connect people of all ages, backgrounds, and abilities to nature through active, outdoor recreation. While you're out and about walking or biking around the neighborhood, paddling a canoe, hiking a trail, or riding horseback, you can also receive special recognition for being physically active by completing the *Let's Move Outside!* Presidential Active Lifestyle Award (PALA). Your goal is to be active at least 5 days a week for 6 weeks. Youth (6-17 years) should get moving for at least 60 minutes per day, and adults (18 years or older) should be active for 30 minutes per day. Not all of this time has to be spent outdoors. Get moving outside when and where you can, and keep in mind that your goal is to incorporate more physical activity of all kinds into your daily routine Sign up online at: www.presidentschallenge.org/letsmoveoutside